

Needham Youth Services

(Formerly known as the Needham Youth Commission)

Winter and Spring Programs 2011/2012

**Programs for
Kids of All Ages**

**Trainings for
Parents**

**Counseling
Services**

**Workshops
in Schools**

**Community
Presentations**



Big VIP Ethan Leibowitz and Little VIP Henry Huvos playing a game and having fun in the VIP Program, (Valuable Interactions among Peers)

Registration begins Monday, January 9, 2012

Registrations are accepted as follows:

In Person: Monday — Friday, 8:30am — 5:00pm
Needham Youth Services' Office

Mail: Needham Youth Services
Needham Town Hall
1471 Highland Avenue
Needham, MA 02492

To learn more about Needham Youth Services
or if you have questions, please call our office at **781-455-7500 x267**

For notification of upcoming programs join our listserv at:

www.needhamma.gov/youth/email

www.needhamma.gov/youth

SUMMER PROGRAMS

EXTREME LOOKS



In collaboration with the YMCA, this four-day workshop will explore how the media goes to extremes that distort girls' self-esteem, body image, and perceptions. The program is open to girls currently in 6th-8th grades. Learn more: www.needhamma.gov/youth/extremelooks

PROJECT VAN

Project VAN (**V**olunteers **A**round **N**eedham) offers youth ages 13 — 17 the opportunity to provide a valuable community service to organizations in Needham. Learn more: www.needhamma.gov/youth/projectvan



More information will be available in our summer brochure

Make a Statement Day

March 30, 2012



On Make A Statement Day, **ALL** Needham High School students and faculty are encouraged to wear a self-made t-shirt with a statement, quote, philosophy, or statistic about an issue that is meaningful to them.

Learn more at:

www.needhamma.gov/youth/masd

Bullying Intervention Program

Needham Youth Services has designed a step by step program to address bullying. The program is designed for Needham youth who are referred for an educational/counseling program regarding a bullying incident. This 10-hour program addresses assessment, skill-building, and education. Participants gain an appreciation of the dangers of bullying and learn the skills needed to make mature and responsible decisions in the future.

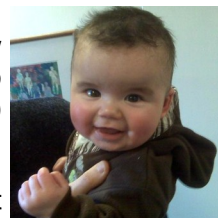
Learn more at:

www.needhamma.gov/youth/BIP

Winter/Spring Youth Programs

Babysitter Training Course

We offer a Babysitter Training Seminar for new babysitters or for those with limited experience who desire a refresher class. The training is six (6) hours and is offered as a three-day course. Students must be in the 6th grade and at least 11 years old to take the class. Learn more at www.needhamma.gov/youth/babysitting.



Dates: Session 4: February 2, 9, & 16 (snowdate: March 1)

Session 5: March 7, 14, & 21 (snowdate: April 4)

Cost: \$45 (waived in the event of financial need)

Location: Session 4 at High Rock (2:30pm — 4:30pm)

Session 5 at Pollard (2:45pm — 4:45pm)

Facilitator: Meaghan Dupuis, LMHC

Upcoming Youth Programs...

**Applications for the below programs
will be accepted beginning April 30th, 2012.**

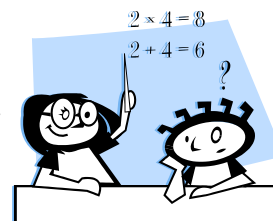
Valuable Interactions among Peers (VIP)



VIP is a peer mentoring program designed for high school students (Big VIPs) and elementary students (Little VIPs) in 3rd through 5th grades. The goals of the program are for Little VIPs and Big VIPs to spend quality one-on-one time together, for the Little VIPs and Big VIPs to have a safe place to come to interact and play, and to build connections assisting all students in gaining confidence and building self-esteem. Learn more at www.needhamma.gov/youth/vip.

PEER TUTOR PROGRAM

The Peer Tutor Program matches high school students (tutors) with 3rd through 8th grade youth (tutees) who have demonstrated a need for academic assistance or a need for support in developing successful study habits. The goals of the program are to provide academic assistance with specific problematic subjects and to create a supportive learning environment which enables the tutees to gain confidence and build self-esteem. Students helping students can be a very successful and fun way to learn!



Learn more at:

www.needhamma.gov/youth/peertutor

Winter/Spring Parent Programs

A Conversation...For Parents of Teens



Funded by the Needham Women's Club, this free program is limited to 9 participants per evening and creates a forum in which parents discuss the challenges of parenting teens in a supportive and confidential setting. Parents may attend any/all of the following evening meetings (which will include dinner). Learn more at www.needhamma.gov/youth/aconversation

Dates: January 24th: Open Agenda: Come discuss any teen issue
February 7th: Make peace (and not war) with your teen
March 6th: Teen Secrets: what they are, and what parents need to know about them

Time: Tuesdays from 5:30pm - 7:30pm

Cost: Free

Location: Needham Youth Services' Office

Facilitator: Jon Mattleman (jmattleman@needhamma.gov)

QPR Suicide Prevention Training

The Needham Coalition for Suicide Prevention and Needham Youth Services are offering free QPR trainings. QPR (Question, Persuade, Refer) is based upon the following concepts: Those who most need help in a suicidal crisis are the least likely to ask for it; The person most likely to prevent a person dying by suicide is someone they already know; and, That prior to making a suicide attempt a person typically sends warning signs of their distress and suicidal intent to those around them. Learn more at www.needhamma.gov/youth/QPR

Dates: February 2, 2012

Time: 7:00pm - 9:00pm

Cost: Free

Location: Needham Public Library

Facilitator: Jon Mattleman (jmattleman@needhamma.gov)

Meet the Staff

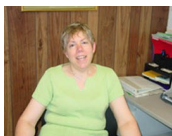


Jon Mattleman, MS Counseling
Director
jmattleman@needhamma.gov

Katy Colthart, LICSW
Social Worker
kcolthart@needhamma.gov



Carol Rosenstock, BS Education
Office Manager
crosenstock@needhamma.gov



Michelle Butman, LICSW
Social Worker
mbutman@needhamma.gov



Liz Loveless, MA Counseling Psychology (spring 2012)
Clinical Intern
eloveless@needhamma.gov



Patrick C. Forde Good Person Memorial Award

Named after Needham resident and community activist Patrick Forde, each year this award recognizes an adult in the community who has helped make Needham a better place for youth through his/her volunteer work. Learn more at www.needhamma.gov/youth/fordeaward

The public is invited to the:

2012 Award Ceremony

Monday, January 23, 5:00 PM

Needham Public Library

Honoring
Candace W. Chase



March is... Needham Unplugged Month

Needham Unplugged is an awareness campaign to remind Needham families and residents to "unplug their electronics" and "plug into" each other. Watch for announcements about activities that do NOT require electricity and that emphasize person-to-person interaction and health. The highlight of the program will be **March 16th**, our no-homework, no-sports, and no-activities night for Needham Public School students. In addition on this same day there will be no town related, community, religious, or civic meetings.

Learn more at:

www.needhamma.gov/youth/unplugged

RAY of Hope Program

The RAY of Hope award (Recognize A Youth) is a monthly recognition of a youth who is giving back to the community and/or is a role model for their peers. The program has no age limit — kindergarten through high school...and yes, we have had recipients as young as 5 years old!



To learn more and/or to nominate a youth for "RAY" you can download a form online at: www.needhamma.gov/youth/ray or one can be obtained at the Needham Youth Services' office.

General Information

Most of our services are **Free** of charge



Join our Email Listserv

If you are interested in receiving periodic updates of Needham Youth Services' programs that may be of interest to you and/or your children, please visit our website at www.needhamma.gov/youth/email and click on the year of birth of your child/children.

We ask for the year your child was born so that we can send you information that pertains to your child --- thus eliminating unwanted information. If you have more than one child, you must register for each child (by year of birth) individually.

Payment

Most of our services are FREE of charge. If the program charges a fee, payment must accompany all registrations. Checks should be made payable to "Town of Needham - Youth Services".

Fee Assistance

Financial aid is available to all Needham residents and Needham students. A letter requesting assistance must be submitted to the Director of Needham Youth Services at the time of registration. To learn more, please visit our website at www.needhamma.gov/youth/fee.

Course Confirmation

We will confirm registrations by phone, email, or mail. You will be notified if the program is full or cancelled and your payment will be refunded.

Inclement Weather

It is our policy that if Needham Public Schools close due to weather, our programs will also be cancelled. Weather related cancellations will be posted on our website at www.needhamma.gov/youth.

Cancellations

We reserve the right to cancel or postpone a program due to low enrollment. If a multi-session program must be cancelled due to inclement weather or other unforeseen circumstances, refunds will not be given; however, we will do our best to reschedule.

Refunds

If you request to withdraw from a class with sufficient time to get a replacement, a refund may be issued. However, if the slot can not be filled, no refund will be issued. If you do not show up for a class, there is no refund. Refunds will be issued if Needham Youth Services cancels a program and/or you registered for a program and there are no openings.

\$ Employment Program

The Employment Program assists young people in obtaining business and residential employment, as well as helping residents requiring help for around-the-house chores.

Youth age 12 to 21 who want to work must register with us by completing a Job Registration Form and a Parent Permission Form. For those 18 years of age and under, a parent or legal guardian must co-sign this form.

Both the Residential Employment Books and the Job Posting Books are available on Tuesdays from 9:00 am - 4:00 pm or by appointment. Forms may be requested/submitted at any time during the business week. There is a \$5 fee for this service for residents (\$10 for the express listing); there is no charge for youth using the Employment Program. Learn more at www.needhamma.gov/youth/employment.

The Employment Program does not screen any applications or individuals---we act simply as a clearing house and an information source.

For further information please contact Carol Rosenstock 781-455-7500 x267 or Crosenstock@needhamma.gov

Counseling Services

Confidential individual, group, and family counseling for youth is available from our trained and committed staff. We accept referrals from the schools, courts, and parents. We offer a **Substance Abuse Awareness Program**, a 15-hour assessment, education, and intervention program which takes an innovative approach to the topic of alcohol and drugs. We also offer a **Bullying Intervention Program**, a 10- hour assessment, education and skill building program to address the issue of bullying. Learn more about our counseling services online at www.needhamma.gov/youth/counselingservices.

Consultation and Referral

As the parent of a teen, you know first hand how challenging this stage of life can be. Even the best equipped and involved parents can find themselves in complex and confusing situations --- and may not know what to do next. Needham Youth Services can be a source of support in a crisis and/or when a parent does not know where to turn. Our free consultation can support a parent at a time when making logical decisions is critical. Parents have utilized this resource when dealing with a serious matter involving their child (e.g. drug/alcohol use), when they are concerned about a specific behavior (e.g. depression), or when they are just worried about their child's growth and development.

Needham Youth Services Registration Form

(Please complete the entire form)

PARTICIPANT INFORMATION		
Participant's Name:	M/F	DOB:
Address:	Zip Code:	
Home Phone:	Cell Phone:	
Email Address:	Grade & School:	
PARENT/GUARDIAN INFORMATION		
Name:	Cell Phone:	
Email Address:		
EMERGENCY INFORMATION		
Name:	Relationship:	Phone:
Name:	Relationship:	Phone:
Allergies:	Medical Conditions:	
PROGRAM INFORMATION		
Program Name	Session	Fee
Donation to Needham Youth Services:		\$
Total Amount :		\$
Make Checks payable to "Town of Needham — Youth Services"		
<b style="color: red;">REQUIRED Authorization of Participation I, the undersigned parent/guardian of _____, give permission for my child to participate in a Needham Youth Services' program. In the event of medical emergency, I authorize the staff to seek medical attention as required. Further, I shall indemnify and hold harmless and hereby release, remise, and forever discharge the Town of Needham from any and all liability, suits, losses, cause of actions, damage arising or occurring out of participation in the abovementioned program and/or arising or occurring out of any said medical attention. SIGNATURE _____ Date _____		
<b style="color: red;">OPTIONAL Authorization to Photograph/Videotape I, _____, do hereby give permission to the Needham Youth Services to photograph/videotape me and/or my children as participants in a Needham Youth Services program. I understand that these photographs or the videotape may be used in one or all of the following ways: <div style="margin-left: 40px;"> As part of the Needham Youth Services' website regarding this specific program. As an enclosure to letters sent to potential funding sources. As part of an article in the Needham Times, Hometown Weekly, Boston Globe, Needham Patch, etc. As a piece on the cable station which may also be posted on YouTube by the Needham Cable Channel. </div> SIGNATURE _____ Date _____		